

## **Abstract**

**Title:** Girls physical activity on the second step of comprehensive school.

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**Objectives:** To measure physical activity of girl on secondary step of comprehensive school and to compare results with recommendations, to detect their physical and sport preferences via questionnaire and adjust School Education Plan accordingly, to obtain quantitative data from pedometer and qualitative data from questionnaire.

**Methods:** Girls physical activity was measured by pedometer Omron. Obtained data was downloaded to PC and further processed with Omron Health Management Software. The questionnaire was created to detect girls' physical and sport preferences.

**Results:** By pedometer physical activity monitoring was total amount of steps obtained for individual classes, average amount of steps for each girl, girls classification according to daily average amount of steps, total aerobic walking time, daily aerobic activity average time and these results were compared with health recommendations. The ratio of sporting and non-sporting girls outside school was obtained, estimated daily time of sporting activity in minutes, frequency of admitted sport and other activities, the preferences for school physical activities and lessons and which possible new activities might be added to existing school physical lessons. Further the girl's body weight and height was obtained, their health attitude and interest in body weight. BMI was calculated for each individual girl and compared with tables. BMI was compared with total amount of steps and with daily aerobic activity average time. The possibility to adjust yearly physical activity school plan was reviewed and resulted in including more physical aerobic activities like Nordic walking, Zumba and aerobic lessons, swimming, games (floor-ball, basketball, badminton). In weekly physical activity plan at least one out of two lessons (minimum 30 minutes) shall be dedicated to aerobic physical activity.

**Keywords:** Physical activity, health, walk, pedometer, adolescence.